

**We are celebrating Taste Washington Day on
Thursday September 27th
Buy school lunch and taste the
Harvest of the Month feature:
CHERRY TOMATOES
and other delicious foods grown in Washington!**

Changes to School Meals This Year

There will be more fresh, healthy and local food in school meals this year, so give school lunch a try! In order to meet new USDA guidelines for school meals, our school will be:

- Increasing the amount of fruits & vegetables
- Increasing whole grains
- Limiting calories based on the age of children being served by ensuring proper portion size
- Reducing the amounts of saturated fat, trans fats and sodium.



Our district also is continuing to participate in the Harvest of the Month program this year! On **the last Thursday of the month**, the school lunch will feature a harvest item that grows in our region.

Here are some ways that you can share the Harvest of the Month experience:

- 🍅 **Talk about upcoming Harvest of the Month foods at home.**
- 🍅 **Try out the Harvest of the Month items in your own kitchen** - Get children involved in shopping and preparing the foods at home. Try out this zesty pasta salad recipe.
- 🍅 **Buy lunch on Harvest of the Month days.** If your children are not regular school lunch participants, buying lunch on the Harvest of the Month day supports your district's Farm-to-School efforts to purchase more foods directly from our local farmers.

Creating lifelong healthy eaters by connecting the cafeteria to the classroom and the community

REMINDER: Each year a **NEW** application for Free & Reduced Meals must be completed. Applications are available at your school or on the district website and should be submitted by October.



A recipe for you to try at home...

Tomato Basil Pasta Salad

Preparation time: 20 min. Serves 4-6. Recipe by Chef Garrett Berdan, RD

Ingredients:

- 2 cups cooked whole wheat bowtie pasta, chilled
- 1 cup cherry tomatoes, halved
- ¼ cup sliced black olives
- 1 tablespoon grated Parmesan cheese
- ¼ cup red wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon fresh garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon sugar
- ½ teaspoon dried basil
- ¼ cup vegetable oil
- ¼ cup fresh basil, finely shredded

What to do:

- Combine the chilled pasta, cherry tomatoes, black olives, and Parmesan cheese in a mixing bowl. Set aside.
- In a medium bowl combine the red wine vinegar, Dijon mustard, minced garlic, salt, pepper, sugar, and dried basil. Slowly add the vegetable oil while whisking.
- Pour the vinaigrette over the pasta. Gently stir until the salad is well coated with vinaigrette.
- Mix in the fresh basil just before serving. Basil will turn brown from exposure to the vinegar.

Nutrition information per serving: 231 calories, 15 g fat, 1 g saturated fat, 247 mg sodium, 21 g carbohydrate, 3 g fiber, 5 g protein.